



Special Training Session at West Wave Saturday 17th March 3.00pm – 5.00pm

We are very pleased to let you know that with the kind and generous help and support of many parties, particularly the Laser Group, the management of West Wave and the Auckland Council, our new starting blocks will be fully installed and operational by the end of this week.

The blocks are set at 748 mm above the water line, which is 65 mm higher than the previous blocks and within the FINA height limit of 750mm.

In order to ensure that our swimmers from Auckland have the opportunity to familiarise themselves with the blocks before SNZ Opens we have booked a **training session this Saturday 17th March between 3.00 pm - 5.00 pm**. As most of the training in the pool will probably be related to starts off the new blocks we are restricting this to **only those swimmers who have entered SNZ Opens**, as other swimmers will have other opportunities to use these blocks in the coming weeks and months at our level meets.

If you are wishing to come out to West Wave to use the new blocks during this time, and you are entered in SNZ Opens, then we would welcome you there. If coaches wish us to be more 'organised' or have any special requirements please let me know.

Swimmers should enter West Wave through the main entrance and **MUST** show their ASA ID Card to reception to gain free entry to the pool.

Regards

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